

WHAT IS CLAIMED IS:

1. An exercise apparatus for the human body comprising an elastic band formed in a closed loop.
2. An apparatus according to Claim 1 having a preset thickness, width and length.
3. An apparatus according to Claim 2 wherein said band is substantially flat and has a thickness sufficiently wide to seat without rolling on the human body.
4. An apparatus according to Claim 2 wherein said band has a width between 10 mm and 150 mm.
5. An apparatus according to Claim 2 wherein said band has a width between 25 mm and 100 mm.
6. An apparatus according to Claim 2, wherein said band has a thickness between 1 mm and 16 mm.
7. An apparatus according to Claim 2, wherein said band thickness is between 2 mm and 10 mm.
8. An apparatus according to Claim 2, wherein said band length is between 500 mm and 3000 mm.
9. An apparatus according to Claim 1 wherein said band is composed of rubber.
10. An apparatus according to Claim 9 wherein said rubber is natural gum rubber.
11. An apparatus according to Claim 10, wherein said natural gum rubber is Dura Shield AB -140 or Dura Shield AB -160.

12. An apparatus according to Claim 1, wherein said band comprises a strip of rubber having two ends, said ends sealed together with fixing adhesive to form a closed loop.
13. An apparatus according to Claim 12 wherein said ends are cut at an oblique angle prior to sealing, such that a seal is formed having a length greater than the width of said strip.
14. An apparatus according to Claim 12 wherein said adhesive is Cyanoacrylate.
15. An apparatus according to Claim 3 wherein said elastic band has a first surface and second surface.
16. An apparatus according to Claim 15 wherein said first surface is smooth and said second surface is roughly textured such that it has a high friction coefficient.
17. An apparatus according to Claim 15 wherein said first and second surfaces are smooth, thereby providing both an effective gripping surface and a comfortable interface with a user.
18. An exercise apparatus kit for the human body comprising a plurality of elastic bands formed in continuous loops.
19. An apparatus according to Claim 18 wherein said elastic bands are of varying thicknesses providing different levels of resistance to stretching.
20. An apparatus according to Claim 19 wherein said elastic bands are in a range of thicknesses between 1 mm and 16 mm such that as the muscular fitness of the human increases, a thicker band may be selected for use.

21. An exercise apparatus comprising a natural rubber elastic band formed in a continuous loop, having a recoil memory, a smooth first side a textured second side and being of a sufficient size to encircle a human body.
22. A method of exercising the human body with an elastic band formed in a continuous loop comprising the steps of:
 - (a) positioning said elastic band on at least two points of contact;
 - (b) a user applying tension to said elastic band between said points of contact;
 - (c) said user releasing tension from said elastic band between said points of contact such that said elastic band returns to its original length.
23. A method according to Claim 22 wherein steps (b) and (c) are performed gradually such that a low impact, continuous muscle exercise is achieved.
24. A method according to Claim 23, wherein the positioning of said elastic band during step (a) coincides with flexion and extension movements of muscle groups to be exercised.
25. A method according to Claim 22, wherein a plurality of elastic bands of different lengths be used.
26. A method according to Claim 22 wherein said elastic band further comprises a smooth inner surface and a matt outer surface.
27. A method according to Claim 26, wherein a said smooth inner surface of said elastic band contacts against said user's body.
28. A method according to Claim 27, wherein where a second point of contact may be a stationary or immovable object.

29. A method according to Claim 26, said matte outer surface contacts against said user's body.
30. A method according to Claim 22, wherein said points of contact on said user's body are selected from the group consisting of one or both hands; hands and feet; torso and hands; torso and one or both feet; a stationary object and one or both hands; or a stationary object and one or both feet or combinations thereof.
31. A method according to Claim 30, wherein the stationary or immovable object is selected from the group consisting of a hinged, secured door and door frame; laden chair or a raised object above or below ground level or combinations thereof.
32. A method according to Claim 30, wherein contacting said band at said point of contact further comprises an additional fastening or securing device from in between the apparatus to an immovable or stationary object.
33. A method according to Claim 31, wherein contacting said band at said point of contact further comprises an additional fastening or securing device from in between the apparatus to an immovable or stationary object.
34. A method according to Claim 22 wherein there are a first and second point of contact.
35. A method according to Claim 34 wherein said first point of contact is a part of said user's body, and said second point of contact is a stationary object.
36. A method according to Claim 35 wherein said elastic band is either secured about said second point of contact or attached to said second point of contact.
37. A method according to Claim 22 wherein a plurality of elastic bands having increasing thicknesses are employed by said user such that as the level of fitness

and muscular strength of the user improves, thicker bands are employed thereby incrementally improving the level of fitness and muscular strength of said user.